



WINTER EXERCISE OPTIONS 2011-2012

If you are looking for great winter time exercise options for you and your entire family, check out the following choices! Be sure to vary your exercise to keep fitness fun and to reap great cardiovascular benefits! The listing below is not an endorsement, but a reference list of locations where you can get moving! For more winter-time offerings, be sure to check **4YOURHEALTH Community Calendar** at www.fort4fitness.org/4yourhealth.

INDOOR SWIMMING

Agency

Description of Offering

Crossroads Natatorium

2525 Lake Avenue
Entrance to pool, off Beacon St.
484-4153 x 2036

Open swim every weekday, Closed Sat.; Sun. 2-4pm
For current schedule, call Natatorium to hear the pre-recorded message for updates and class schedules.

Helen B. Brown Natatorium

South Side High School
3601 S. Calhoun
467-2660

Call for hours or refer to open swim schedule at www.fwcs.k12.in.us/natatorium/natatorium.php
Adult: \$3 or 20 visits, \$40. Child: \$2.50 or 20 visits for \$30. Schedule updated every 2-3 weeks
Open during school breaks

NACS Natatorium

Carroll High School
3701 Carroll Road
637-0340

Open swim hours most every day. Check weekly schedule on website: www.nacs.k12.in.us and see natatorium link for weekly schedule and fees.
During school breaks, hours vary.

Southwest Allen Natatorium

Summit Middle School
4509 Homestead Road
431-2560

Open swim hours vary. Check pool schedule & fees by going to: www.sacs.k12.in.us and clicking on the link on the left to "Natatorium Home" or phone 431-2560.

ICE SKATING

Agency

Description of Offering

Headwaters Park Ice Rink

333 S. Clinton Street
Clinton & Superior
422-7625

Open Skating M-Th.1-8 pm, Fri.12 noon-10 pm, Sat. 11 am-10 pm, Sun. 12 - 8pm Fees: 13 and younger \$3; 14 and older, \$4.; Skate Rental \$2 Free Skating Every Wednesday for children 13 & under.

More locations on back >>>>>

ICE SKATING, continued

Lutheran Health Sports Center
3869 Ice Way Drive
387-6614

Managed by Canlan Ice Sports with open skating, classes and skate rental available. For specific schedule, visit www.icesports.com/fortwayne

ROLLER SKATING

Agency

Roller Dome Skate Centers

North: 444 W. Coliseum Blvd. 483-6303
South: 4540 Bluffton Rd. 747-3919

Bell's Roller Skating Rink

7009 US Hiway 30E
749-8214

Description of Offering

Open skate times vary. Call locations for schedules of open skates & classes or see Skate Centers website at: www.rollerdomenorth.com

Open skate times vary. Rink offers classes and speed skating. Call rink for schedule.

OTHER WINTER TIME OPTIONS

Stay Active this Winter! Take the whole family to any of the locations above for fitness fun! For active fitness options, see the Fort Wayne Community Health and Wellness calendar at www.fort4fitness.org/4yourhealth While there, check out the "Health Tips" section to see the Indoor Exercise Guide for great walking and fitness locations, many free or at reduced prices.

Be sure to check out other great winter-time options at the Fort Wayne Parks & Recreation Department's website at www.fortwayneparks.org

To learn more about Fort4Fitness Community Wellness offerings, contact Marsha Worthington at 260- 81-4868 or marsha.worthington@parkview.com

